

THE IMPACT OF DIGITAL DRUGS ON COMMUNITY PEACE

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Abstract

Digital drugs are a new trend where music or sound is particularly created to affect the brain to produce an effect similar to that of traditional drugs. The spread of digital drugs is an unwanted phenomenon that is caused by the technological revolution. They are audio files whose initial use was in treatment of psychological conditions since they can induce a state of relaxation, happiness or even hallucinations to the listeners. These experiences are generally associated with specific sound patterns such as beta, alpha and theta which interact with brain waves. These experiences are commercialized through the internet where people can comfortably access such audio files and this is a cause of concern to the extent in which it is affecting the mental health of the people especially the youth. The problem of digital drugs is quite controversial in society; the discussion is focused on its impact on the human psyche and social domain and the risks of usage. Therefore in this study, we will strive to sensitize the young population about the illegality of these modern drugs and work to prevent them not only through the combined efforts of civil society institutions, but also through the state institutions through the enactment of laws that will deter the development of digital drugs.

Keywords: digital drugs, drugs, community peace, community security.

INTRODUCTION

Drugs are substances that can cause one to fall in conditions of unconsciousness including full or partial anesthesia with or without being conscious. They offer false impressions of euphoria and happiness and this provides them an escape to the world of fantasy. The traditional narcotics cause numbness.

The physical body organs and at the same time the digital drugs make one feel drowsy, relaxed and psychologically relaxed or vice versa and dosage administered by the conventional drugs will lead to the physical body actually feeling numb, which can also be enhanced to cause death as compared to the digital drugs that cause the audio system to malfunction and the cells in the brain which will touch the electricity in the brain and the user will require a behavioral therapist because in most situations the individuals who use the digital drugs are psychologically unstable.

The latter prompts teenagers and youth to the addiction to traditional drugs in the future, which makes us wonder what the impact of digital drugs will be on the tranquility of the society? This is especially because the traditional drugs can be easily monitored, tracked, and combatted because they are criminalized by the law. The digital drugs have not been criminalized, as opposed to the common form of drugs that are transmitted the whole internet and are not subject to the law.

The study aims at giving an understanding of a new type of drug that has emerged and evolved with the introduction of technology even more with the presence of websites that promote it and broadcast such digital drugs without charge through the internet. Therefore, based on this research, we are going to aim at answering the following questions: What is digital drugs? What are their health impacts on the user and reasons of drug addiction? And what is the prevention and treatment of digital drug addiction?

The concept of digital drugs

Digital drugs are sound files that operate in the same way as drugs do that is, the user of the files feels happy and euphoric.

Digital drugs or audio stimulation is another new impact that has already begun to impact on the psychological and behavioral well-being of individuals in the society and more so in the digital age which is characterized by accelerated advancement of the media and entertainment technology. The effect of digital drugs who use audio frequencies or programmed sound in stimulating the brain affects the psychology and the emotional state of individuals. It is not a

conventional type of drug because it is not founded on chemicals but the use of digital media, such as the internet or audio apps.¹

It is easily transmitted by the use of audio files which are stored on electronic gadgets like computers and phones. It may be in form of the sound take (ringtones), video clips, or downloaded ringtones on electronic games and movies, etc. The music industry is the major user of this with the use of it to store the songs and share them over the Internet.² There are those who define it as audio files which hold single or two tones that place the listener into intoxication state. These were audio files that were created to imitate hallucinations and ecstasy of drug users through the influence of subconscious mind.

Thus, every definition leads to the same notion and explains how much it affects the human mind by the invisible or intangible vibrations, yet they are audible.³

These sound waves or tones are advanced at varying frequencies and are sent directly to the ears. Since the sound waves are not familiar, the brain attempts to harmonize the frequency of the ears to one level, and this causes the electrical system of the brain to become unstable, this gives one a certain feeling that is similar to using traditional drugs.⁴

Based on the above, it is possible to define digital drugs as the transmission of two disparate frequencies of music to each ear (right ear 530 Hz) and the left ear (520 Hz) and the brain balances out the tones to create a third, unnaturally sound that influences the electricity of the brain and stimulates the nerve cells to secrete various hormones, depending on the nature of the drug.⁵

Drugs are mostly described in Arabic as laziness, lethargy, and relaxation. As an example, the word nausea means to relax, or anything that changes the mind, resulting in different levels of loss of consciousness. Nevertheless, digital drugs can be distinguished by the way they are used because they penetrate the ear where users can listen to audio clips and melodies creating a state of relaxation equal to that of conventional drugs.⁶

History of digital drugs

The sources I read showed that listening to music was applied as a curative of some of the conditions because science has confirmed that musical vibrations do influence the nervous system of the human being so it was done by psychiatrists and it was used first in the year (3500) BC as the pharaonic physician of Egypt used it as a treatment to the mental patients because each of the vibrations could affect the human brain and numb it. During the period of the sixth Dynasty (2280) BC, there was a building known as (a small temple) used to cure the patients with psychological and nervous illnesses by means of the music notes and drinking herbs that relax the nerves.⁷

This process was later applied as a method of treating mental patients in Europe and in the year 1839 by the German physicist (Henry Schdove) until the year 1970, and the reason was because of the effect of this tones in stimulating the mind and releasing mood-stimulating substances, it is a treatment of depression and mental patients and it was used in many psychological centers in the European countries and was especially used as a narcotic substance at a narrow scale to achieve ecstasy and the two governments censored this effect by banning electronic sites in the two.⁸ The positive psychological impacts of this kind of modern drug include relaxation, and the alleviation of the state of anxiety and stress. Hence, psychological centers are using such sound frequencies to cure and pacify psychological patients aiming at providing inner calm since they directly affect the nerve centers in the brain.⁹

On the other hand, but on the other side, they lead to psychological hazards since over-indulgence in hearing audio files will bring about changes in the level of attention, mood and concentration, and since its consumption leads to

¹ -Mahmoud Hassan Wali, Digital Drugs: Their Roots, Emergence, and Future Impacts, Al-Nahrain Center for Strategic Studies <https://alnahrain.iq/post/70>

²-- Yamina Belgoul, "The Dangers of Digital Drugs and the Lack of Legal Legislation," Journal of Society and Sports, Volume 5, Issue 1, 2022.p84.

³-Abu Saree Muhammad, "The Use of the Internet in Digital Drug Abuse," a paper presented at the Conference on Emerging Crimes Facing Egyptians, National Center for Criminological and Social Research, Giza, 2010.p6.

⁴ - <https://alnahrain.iq/post/706>

⁵ - Mahmoud Affi, "Digital Drug Addiction and the Extent of the Legitimacy of Their Use: A Comparative Jurisprudential Study," Journal of Jurisprudential and Legal Research, Issue 40, January 2003, Cairo.p226.

⁶- Abu Saree Muhammad, "The Use of the Internet in Digital Drug Abuse," a paper presented at the Conference on Emerging Crimes Facing Egyptians, National Center for Criminological and Social Research, Giza, 2010.p6.

⁷ -Antoine Lutfallah Al-Bustani, "Intoxicants, Drugs, and Sedatives," Dar Al-Nahar, Beirut, 2003.p14.

⁸ - Nada Al-Ahmadi, Music Therapy: A Soothing Treatment for Body and Soul Throughout the Ages, Al-Qafilah Magazine<https://qafilah.com/>

euphoria and relaxation in the user, the young people will feel motivated to replicate the experience in the name of exploration or (curiosity) but this activity will lead to addiction of the user.

Hence, becoming addicted to this sort will become the social step in terms of the consequences of social relations since the digital drug addicts will be isolated and listening to audio frequencies but not communicating and interacting with members of the society or family members, and thus they will not engage in the society effectively. The psychological disorders of such an addict led, in most cases, to isolation and digital drugs. So we find that during the adolescence stage, youths that experience mood swings and listen to music a lot are more likely to be addicted to digital drugs because they are available on the social networking sites, and are in certain instances free.¹⁰

In addition to the effects of digital drugs on the social security, dependency on such type of drug may lead to carefree, bizarre, and unconscious conduct that may affect the social stability and social values and thus lead the youth to use violent means that can disrupt social security.

Therefore, it is possible to conclude that the future threat to social peace can be the digital drugs that will affect both mental and physical health of individuals. The knowledge of the phenomenon and preventive and awareness-raising measures within the society would assist in reducing such risks and bring stability in the society.¹¹

Causes of digital drug addiction

Many theories have been established in order to seek the reasons of the addiction and prevention and treatment of drugs. The most significant ones are biological theories which present an explanation of addiction as a biological inheritance transmitted by the father or mother. Genes affect addiction as they are able to transmit the genetic material of those addicts, who have inherited them and are alcohol addicts, smokers among others.

The reasons of addiction have been explained by the psychological theory as being personal problems or internal psychological conflict. The situation is that in the majority of cases drug users live in isolation and estranging, resulting in drug addiction.¹²

The sociocultural theory is an explanation of the addiction as a consequence of being affected by social, environmental, and cultural conditions. The society is based on the family. In case the person has no contact with their family or the surrounding setting, he/she will use isolation as a way to cope, which will result in addiction to drugs. A reverse is possible and may have superior results. In addition, the match-commitment of the person in terms of values, attitudes and beliefs is also a typical Arab theme. To illustrate this, most of the people have shunned the use of such mind altering substances due to their ideology. The alcohol consumption in the other societies is normal, as per the societal customs and traditions but this only causes addiction in isolated instances. It is argued that a behaviorally deviant person can be made as a result of social reality. Certain circumstances like social disintegration and social clashes may drag an individual to addiction.¹³

Thus, the factors that lead to addiction are varied and cannot be narrowed down to certain reasons due to the fact that they are different in every individual and every society. Nevertheless, overall, one can be addicted because of several causes that influence the peace in society, the most obvious of which are:

First: The behavior of the person is shaped by his family surrounding and the society he lives in and the emotional states and behavioral disorders of the person are mainly brought about by his bad interaction with the people around him. His family can be subjected to family break, or he can become a victim of physical or psychological violence of the family or people around him, including bullying, mockery, and other negative aspects of the surrounding environment, which causes the individual to seek his peace and happiness elsewhere, thus turning to the addiction to drugs, regardless of their type, to achieve the pleasure effect that he seeks.

Second: Lack of supervision of parents. Unremitting thinking and inability to communicate with the individual and his parents can cause his deviation or excess consumption of medications and drugs by his parents. The curiosity may make the son addicted to drugs, alcohol, smoking, and other vices the parents indulge in whenever they are in the presence of their children. It is one of the most significant aspects that motivate young people towards drug addiction, in my opinion.¹⁴

¹⁰ - Brown, K. L. (2023). "Neuroscience of Digital Drug Use". *Journal of Behavioral Science and Technology*.

¹¹ - <https://ui.adsabs.harvard.edu/abs/2017JNEng..14b6014B/abstract> Digital Drugs

¹²-Salma Bashen, "Drugs: Their Concept, Causes, and Prevention," *Al-Qabas Journal of Psychological and Social Studies*, Volume 5, Issue 18, 2023, Algeria.p.43.

¹³ - Abdel-Moati, Abdel-Basit, "Theoretical Trends in Sociology," *World of Knowledge*, Issue 44, Kuwait, 1981.p.55.

¹⁴ - Khaled Hamad Al-Mohannadi, "Drugs and Their Psychological, Social, and Economic Effects on the Arab Gulf States," *Criminal Information Center for Drug Control of the Gulf Cooperation Council*, Qatar, 2013.p.45.

Third: One of the factors that influence it is the accessibility and the numerousness of narcotic substances. This can be attributed to a number of factors such as the economic openness of society, ignorance on the risks of these narcotic substances, and ease in acquiring them in pharmacies, in addition to the fact that there is no religious impetus, and societal and moral principles.¹⁵

The proliferation of drugs has numerous risky consequences that jeopardize the healthy life of the person (user) and could culminate in his demise. Its impacts spread to the society since the presence of a particular group whose minds are distorted by the use of what they are consuming implies much theft, robbery, killing and crimes of all sorts, which subsequently results to the destruction of the economy and civilization of the nation, the absence of security stability in society and destruction of the societal and religious values, which affect the peace in the society.

Fourth: The intrigue that seizes the youth to feel like the drug users, and the entire affair starts with an initiation. One of them is called (Dmitry) and this curiosity has led to the experience of digital drugs which he described as an indescribable noise and ringing in the ear but he is somewhat numb, that is, he does not feel the parts of his body as though he is on drugs, and he does not want to repeat the experience because he does not want to play with the vibrations of his mind. Curiosity and being affected by his peers can be a reason to get into drugs addiction.¹⁶

Fifth: The digital drugs are readily available in special websites where they sell the ringtones online and advertise them online through social media and they are not banned or monitored by the government.¹⁷

Ways to prevent digital drugs

Awareness is also carried out during the process of increasing drug prevention methods. A lot of societies are still unaware of what digital drugs are and their use. Hence the societies should be informed, particularly the teens who are influenced by the technological advancements and phone crazy creatures who are oblivious of the seriousness of what they are into. Technology is a two sided sword. Those who do not understand its use will be at risk particularly with the availability of applications that will spread ringtones and audio clips with ease and at no cost, which has a negative impact on the society as not all countries have yet passed law to restrict the use of this form of drug due to the technological advancements and the availability of free sites. Hence, we need to disseminate cultural awareness to curtail this alien phenomenon that is not native to the society.¹⁸

Based on this position, there is a focus on the role of the family, schools and media in educating the youth in a society to uphold security and peace in the society.

The society is based on the family and the family has a role of educating the members about the dangers of any form of drug and the dire health implications on the individual. This is achieved by inspiring confidence in their children and making them act in a healthy way which is a far away as physical and psychological violence. This is besides ensuring that they occupy the idle time of their adolescent children and motivate them to engage in their favorite sports. It is upon the parents to ensure the upbringing of their children, enhance their bond with the children, and take them out to make them aware of the harm of these toxic substances consciously.¹⁹

Second: The governmental and non-governmental educational institutions formulate a powerful educational programmer to create awareness on the effects of narcotic substances to the members of the society through the following steps:

- Presentation of classroom assignments that foster experience of students and reality.
- The creation of the administrative and technical infrastructure of educational institutions that would protect children and increase their educational level on the use of modern technologies.
- Removal of students via offering them a social setting by means of social specialists who go to their cases.

Third: Conscious media with the purpose to highlight the presence of good social and moral values and practices through showing movies and series, which indirectly emphasize the social values and religious consciousness, and be more conscious of the negative effects of drugs and avoid them.

- Censorship of the social media by the government i.e. electronic monitoring of such sites and blocking of all other sites that promote such kind of drugs.
- The need to add the law, which will criminalize this type of drug or to add the law that will be a complement to the law on drugs and psychotropic and psychoactive substances.²⁰

¹⁵ - Lamia Yassin Al-Rikabi, "The Causes of Drug Abuse among Middle School Students," *Journal of Psychological Sciences*, Issue 19, 2011.p.102.

¹⁶ - Muhammad Sayyid Ahmad, Digital Drugs between Media Hype, Scientific Fact, and Islamic Law, in the *Journal of Sharia Research and Studies*, Volume 74, Issue 39, Cairo, 2024, p. 4.

¹⁷ - Mahmoud Afif, p, m, s, p. 15

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CONCLUSION

In conclusion, we may say that drugs and the addiction phenomenon is a negative vice in the society that is changing with the development of societies. Consequently, young people ought to be educated in the societies about their risks and psychological, physical, social and security-related losses. Their proliferation brings about instability and insecurity in the society which threatens social peace and compromises the disintegration of civilization and values in the country. Therefore, a law that combats drugs must be enacted and state and civil society efforts must be united to take care of the borders of the nation being compromised due to the influx of any narcotic into the nation. The social media websites and applications should be censored (strictly in terms of electronic censorship) to prevent the spread of digital drugs, it should be stressed to educate the societies (particularly adolescents) about the type of drugs.

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